

## BR Life SSNMC Hospital opens exclusive kidney health clinic

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**'Know Your Kidney Number' clinic will help people get an assessment of their kidney health and also ways to take care of it.**



On the occasion of World Kidney Day, Bengaluru based BR Life SSNMC Hospital has launched 'Know Your Kidney Number' clinic, an exclusive kidney health screening clinic to create awareness on kidney health.

Chronic Kidney Disease (CKD) is the sixth fastest growing cause of death globally. However, many tend to ignore kidney related health issues since it does not show any symptoms in the initial stages. 'Know Your Kidney Number' clinic will help people get an assessment of their kidney health and also ways to take care of it.

"Know your kidney number" clinic will commence in the hospital from March 14- 31, 2019 and will cater to everyone who will visit the hospital to know more about their kidney health. Urine and Creatinine tests are offered along with hemoglobin, calcium, phosphorus and uric acid tests, and ultrasound test if required, for further investigation. Consultation and treatments are offered based on the problems the patients are facing.

Speaking on the increasing kidney problems, **Dr. Manjunath, Nephrologist, BR Life SSNMC Hospital** said, "Diabetes and Hypertension are the biggest reasons for kidney problems in our country. These lifestyle diseases account for 40 – 60% of Chronic Kidney Diseases. The rising lifestyle problems among youngsters have resulted in increasing kidney issues at a younger age. Lesser fluid intake, increased alcohol consumption and smoking are also adding to the existing problems to increase kidney disease incidence. It is important for everyone to be aware of their kidney health. A simple change in lifestyle can make your kidney health better."

Also, on this event, BR Life SSNMC Hospital has launched “**I LIVE ON**” campaign to encourage people to come forward and pledge to donate their organs. ‘I LIVE ON’ is an online platform to pledge organ donation initiated by BR Life SSNMC Hospital. The process of registration for organ donation is made simple and easy with this portal. In the wake of huge problems faced by the people in terms of organ donation and transplant, especially in case of kidney, , BR Life SSNMC Hospital has taken this initiative to create awareness and influence donors to pledge on donating their organs.

Speaking on the “I LIVE ON” Campaign, **Col Hemraj Parmar, Group CEO, BR Life said**, “There is a wide gap between the number of organs available and transplants awaited. According to Ipsos MORI research, organ donation rate in India is around 0.34 per million, which is abysmally low compared to other developed countries like Spain (36), Croatia (35), USA (27.02). More Indians should be aware of the donation process and must come forward to pledge their organs for donation. A donor can save as good as 8 lives by donating various parts of the body once deceased. I am hopeful that with “I Live On” campaign, we will be able to raise awareness about organ donation and get more people to pledge their organs. This will have a positive impact on the healthcare industry in India.”